

North East Institute of Social Sciences and Research
(NEISSR)

Paper : BSW- 204

Title: Counselling and Guidance
Semester Teaching Plan

Official Address: 7th Mile, Chümoukedima, Nagaland – 797103

Teaching Plan

- Course Summary
- Expanded Course Description
- Teaching and Evaluation
- Class Schedule and Reading

Course Summary

Paper Number: BSW 204

Paper Title: Counselling and Guidance

Semester & Year- BSW SEM II, 2024

Instructors: Fr. Lawrence Khing

Class hour: 01

Course Description:

This course aims to provide students with a comprehensive understanding of counselling, covering both theoretical foundations and practical aspects. The focus on different therapeutic approaches, counselling processes, and the diverse settings in which counselling occurs will equip students with a well-rounded knowledge and skills necessary for effective counselling practices.

UNIT 1: CONCEPTS AND PHILOSOPHICAL FOUNDATIONS OF COUNSELLING

- Definition, elements, characteristics, and goals of counseling.
- Evolution of counseling- traditional to modern

UNIT II: THERAPEUTIC COUNSELLING INTERVENTION

- Psychoanalysis, Adlerian
- Rational emotive therapy
- Cognitive behavioral therapy

UNIT III: COUNSELLING PROCESS AND SKILLS IN COUNSELLING

- Stage – I – Problem exploration and clarification
- Stage – II – Integrative understanding – dynamic self-understanding
- Stage– III – Facilitation action; developing a new perspective, preferred scenario

UNIT IV: COUNSELLING RELATIONSHIP

- Qualities of an effective counselor - regard and respects, authenticity, empathy
- Characteristics of clients, voluntary and non-voluntary clients
- Accepting personal responsibility, realistic levels of aspiration, self-actualization.

UNIT V: SETTINGS OF COUNSELLING AND SOCIAL WORK

- Community setting, family setting
- School/institutional setting, prison and correctional homes
- Hospital setting, crisis centers, trauma centers

Course Objectives

- To let the students, acquire knowledge of the theoretical approaches to counseling.
- To sensitize the students to the attitudes required for the practice of counseling.
- To let students, gain knowledge of practice of Counseling in different settings.

Outcomes

- Students show ability to articulate theoretical foundation of counseling in their expressions.
- Students are able to demonstrate peer counseling and guidance skills in classroom and community settings.
- Explore and understand the different theoretical approaches to counseling.

Teaching Methods: Lecture with discussion, PPT, Role play, case Study

Assignments and Evaluation- Students will be given class presentation and group work.

The criterion for evaluation of the course is as follow

- University Examination (External) 60 Marks
 - Internal Assessment 40 Marks
 - 1. Written Internal Test 25 Marks
 - 2. Assignment 10 Marks
 - 3. Class Participation and attendance 05 Marks
- Total 100 Marks

FACE SHEET/COVER PAGE OF THE ASSIGNMENT

Name of the student:

Semester and year:

Paper No.:

Paper Title:

Category of assignment: Individual or Group

Types of Assignment

1. Role-plays/PPT presentation

CLAS SCHEDULE AND READINGS

January

UNIT I

- **Topic- 1:** Definition, elements,
- **Topic 2-** characteristics and goals of counseling.

February

UNIT I and II

- **Topic 1:** Evolution of counseling- traditional to modern
- **Topic II:** Psychoanalysis, Adlerian

February
UNIT II

- **Topic 1:** Rational emotive therapy
- **Topic II:** Cognitive behavioral therapy

March
UNIT III

- **Topic 1:** Stage-I- Problem exploration and clarification
Stage- II- Integrative Understanding- Dynamic Self-Understanding
- **Topic II** Stage III- Facilitation action, developing a new perspective, preferred scenario

March
UNIT IV

- **Topic 1:** Qualities of effective counselor
- **Topic II:** Characteristics of clients, voluntary and non-voluntary clients

March
UNIT IV and V

- **Topic 1:** Accepting personal responsibility, realistic levels of aspiration, self-actualization.

March
UNIT V

- **Topic 1:** family setting
- **Topic II:** School/institutional setting

April
UNIT V

- **Topic 1:** Hospital setting
- **Topic II:** Crisis centers, trauma centers

April
UNIT V

- Develop verbatim
- Stimulation games
- Practical session- counselling with children

April
UNIT V

- Develop verbatim
- Stimulation games
- Visit Hospital

May

Revision of all the units

SUGGESTED READING LIST

- Currie, Fr. J. (1989). Barefoot Counselling – A Primer in building relationship. Bangalore: Asian Trading Corp
- Egan, Gerard. (2006). The skilled helper: A problem, management and opportunity, Development Approach to helping. Boston: Wadsworth publishers
- Hough & Margaret. (2006). Counselling skills and theory. UK: Hodder Arnold publishers
- Lap worth, Phil. (2001). Integration in Counselling and Psychotherapy: Developing a personal approach. New Delhi: Sage publications
- McLeod & John. (2003). Introduction to Counselling. UK: Open university press,